



**TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE**

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Barbara Keir, Director **(Original Signed)**
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: December 13, 2002

SUBJECT: Sante Fe Community College (SFCC) distance education nutrition curriculum

Over 40 Texas WIC staff are currently enrolled in Sante Fe Community College (SFCC) distance education nutrition curriculum. Your staff can also become part of this exciting opportunity to enhance nutrition knowledge and skills. These courses are WIC - allowable expenses and the state agency will reimburse for successful completion of the classes.

Spring registration is offered until January 17, 2003. Check out the web-site at <http://learn.sfccnm.edu/nutrition/> for more information about courses, tuition, registration and textbooks. There are six courses offered spring 2003 semester appropriate for Texas WIC staff. All courses are presented in a 12 week format.

- Introduction to Nutrition HED 200
This three-credit course presents basic principles of nutrition, including functions, interactions and human requirements of nutrients and the role of nutrients in maintaining health.
- Nutrition in the Lifecycle HED 205
This three-credit course presents the basic principles of nutrition including functions, interactions and human requirements of micro and macro-nutrients and their roles in maintaining optimum health throughout the life cycle.
- Community Nutrition HED 206
This three-credit course presents the application of community health principles to nutrition programs for individuals and groups.
- Diabetes Management HED 221
This comprehensive three-credit course reviews the various types of diabetes mellitus, and the prevention and management of diabetes mellitus. It includes information on blood sugar control, insulin and medications, nutrition and exercise recommendations and prevention of complications.

- Lifetime Fitness and Wellness HPER 200
This course covers the basic principles of nutrition, including functions, interactions and human requirements of nutrients and their roles in maintaining optimum health in the exercising adult. The effects of exercise on nutritional requirements and guidelines for their use are emphasized. The efficacy and potential risks of various ergogenic aids are reviewed.
- Medical Terminology NUR 113
This is a three-credit on-line independent study course which integrates the use of a textbook, written exercises, audio cassette tapes, interactive CD-ROM exercises, and online exams.

If you have questions or require additional information, please contact Ms. Mary Van Eck, Manager, Nutrition Education and Breastfeeding, Bureau of Nutrition Services, at (512) 458-7111, extension 3484 or mary.vaneck@tdh.state.tx.us or Carl Shearer, Santa Fe Community College Outreach Coordinator, at (505) 428-1406.